

Spiritual Diseases' Supplications

(Authentic treatment for evil-eye and other spiritual diseases)

Compiled by Bint A. Shakoor

-As-saajidoon-

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Supplications- 1

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَ
مِنْ كُلِّ عَيْنٍ لَأَمَةٍ-

I seek refuge in the complete, perfect words of Allah from every Satan and poisonous pest and every evil (i.e. harmful, envious) eye.

Narrated Ibn `Abbas: The Prophet (ﷺ) used to seek Refuge with Allah for Al-Hasan and Al-Husain and say: "Your forefather (i.e. Abraham) used to seek Refuge with Allah for Ishmael and Isaac by reciting the following: 'O Allah! I seek Refuge with Your Perfect Words from every devil and from poisonous pests and from every evil, harmful, envious eye.' " (Sahih al-Bukhari 3371)

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Supplications- 2

بِسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ شَرِّ كُلِّ
نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ، اللَّهُ يَشْفِيكَ بِاسْمِ اللَّهِ أَرْقِيكَ-

In the name of Allah, I blow on you (to remove from you) from all that harms you, and from the evil of every soul or envious eye; May Allah cure you; in the name of Allah, I blow on you.

Abu Sa'id reported that Gabriel came to Allah's Messenger (ﷺ) and said: Muhammad, have you fallen ill? Thereupon he said: Yes. He (Gabriel) said: "In the name of Allah I exorcise you from everything and safeguard you from every evil that may harm you and from the eye of a jealous one. Allah would cure you and I invoke the name of Allah for you." (Sahih Muslim 2186)

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Supplications- 3

بِاسْمِ اللَّهِ يُبْرِيكَ وَ مِنْ كُلِّ دَاءٍ يَشْفِيكَ وَ مِنْ شَرِّ^٤
حَاسِدٍ إِذَا حَسَدَ وَ شَرِّ كُلِّ ذِي عَيْنٍ^٤۔

In the name of Allah, may He cure you and from every illness heal you, and (protect you) from the evil of one who envies when he envies and from the evil of every one with an (evil) eye.

'A'isha (the wife of Allah's Apostle) said: When Allah's Messenger (ﷺ) fell ill, Gabriel used to recite this: "In the name of Allah, may He cure you from all kinds of illnesses and safeguard you from the evil of a jealous one when he feels jealous and from the evil influence of eye." (Sahih Muslim 2185)

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Supplications- 4

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ مِنْ
هَمْزِهِ وَ نَفْخِهِ وَ نَفْثِهِ-

I seek refuge in Allah, All-Hearing and All-Knowing from the accursed devil, from his evil suggestion (hamz), from his puffing up (nafkh), and from his spitting (nafth)

Narrated Abu-Sa'id al-Khudri: When the Messenger of Allah (ﷺ) got up to pray at night (for Tahajjud prayer) he uttered the takbir and then said: "Glory be to Thee, O Allah," and "Praise be to Thee" and "Blessed is Thy name," and Exalted is Thy greatness." and "There is no god but Thee." He then said: "There is no god but Allah" three times; he then said: "Allah is altogether great" three times: "I seek refuge in Allah, All-Hearing and All-Knowing from the accursed devil, from his evil suggestion (hamz), from his puffing up (nafkh), and from his spitting (nafth)" He then recited (the Qur'an). Abu Daawud said: It is said that this tradition has been narrated by 'Ali b. 'Ali from al-Hasan omitting the name of the Companion of the Prophet (ﷺ). The misunderstanding occurred on the part of Ja'far. (Sunan Abi Daawud 775)

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Supplications- 5

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ-

I seek refuge with the Perfect Words of Allah from the evil of what He has created

- ❖ Khaulah bint Hakim (May Allah be pleased with her) reported: I heard the Messenger of Allah (ﷺ) saying, "Whosoever alights somewhere and says: 'A'udhu bikalimat-illahit-tammati min sharri ma khalaqa (I seek refuge with the Perfect Words of Allah from the evil of what He has created),' nothing will harm him until he leaves that place." (Muslim: Book 8, Hadith 27)
- ❖ Narrated Abu-Salih Zakwan as-Samman: A man from Aslam tribe said: I was sitting with the Messenger of Allah (ﷺ). A man from among his Companions came and said: Messenger of Allah! I have been stung last night, and I could not sleep till morning. He asked: What was that? He replied: A scorpion. He said: Oh, had you said in the evening: "I take refuge in the perfect words of Allah from the evil of what He created," nothing would have harmed you, Allah willing. (Sunan Abi Daawud 3898)

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Supplications- 6

رَبِّ اَعُوْذُبِكَ مِنْ هَمَزَتِ الشَّيْطَانِ ۝ وَ
اَعُوْذُبِكَ رَبَّ اَنْ يَحْضُرُوْنِ

My Lord! I seek refuge in You from the incitements of the Satans, and I seek refuge in You, my Lord, lest they be present with me. (Al-Mu'minūn: 97-98)

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Recite Al-Fātiḥah, Al-Ikhlāṣ and Mu'awwidhatain (Al-Falaq and Al-Nās)

- ✧ Abu Sa'id Khudri reported that some persons amongst the Companions of Allah's Messenger (ﷺ) set out on a journey and they happened to pass by a tribe from the tribes of Arabia. They demanded hospitality from the members of that tribe, but they did not extend any hospitality to them. They said to them: Is there any incantator amongst you, at the chief of the tribe has been stung by a scorpion? A person amongst us said: 'Yes. So he came to him and he practiced incantation with the help of Surah al-Fatiha and the person became all right. He was given a flock of sheep (as recompense), but he refused to accept that, saying: I shall make a mention of it to Allah's Apostle (ﷺ), and if he approves of it. then I shall accept it. So we came to Allah's Apostle (ﷺ) and made a mention of that to him and he (that person) said: Allah's Messenger by Allah, I did not practice incantation but with the help of Surah al-Fatiha of the Holy Book. He (the Holy Prophet) smiled and said: How did you come to know that it can be used (as incantation)? - and then said: Take out of that and allocate a share for me along with your share. (*Sahih Muslim 2201 a*)
- ✧ Narrated 'Aisha: Whenever the Prophet (ﷺ) went to bed every night, he used to cup his hands together and blow over it after reciting Surah Al-Ikhlās, Surah Al-Falaq and Surah An-Naas, and then rub his hands over whatever parts of his body he was able to rub, starting with his head, face and front of his body. He used to do that three times. (*Sahih al-Bukhari 5017*)

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Supplications from the Quran

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝ الرَّحْمَنُ الرَّحِيمُ ۝ مَالِكِ يَوْمِ الدِّينِ ۝ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ۝

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ۝

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ النَّاسِ ۝ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۝ مِنَ الْجِنَّةِ وَالنَّاسِ ۝

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ ۝

أَمَّا الرَّسُولُ بِمَا أُنْزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نَفَرَقُ بَيْنَ أَحَدٍ مِّنْ رُّسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ۝ لَا يَكْلَفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تَأْخُذْنَا إِن نَّسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۝ وَاعْفُ عَنَّا وَارْحَمْنَا ۝ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ۝

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Supplications from the Authentic Ahaadeeth

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَ هَامَّةٍ وَ مِنْ كُلِّ عَيْنٍ لَآمَةٍ-

بِاسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ، اللَّهُ يَشْفِيكَ
بِاسْمِ اللَّهِ أَرْقِيكَ-

بِاسْمِ اللَّهِ يُبْرِيكَ وَ مِنْ كُلِّ دَاءٍ يَشْفِيكَ وَ مِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ وَ شَرِّ كُلِّ ذِي عَيْنٍ-

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ مِنْ هَمْزِهِ وَ نَفْخِهِ وَ نَفْثِهِ-

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ-

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Bath

Ibn 'Abbas reported Allah's Messenger (ﷺ) as saying: The influence of an evil eye is a fact; if anything would precede the destiny it would be the influence of an evil eye, and when you are asked to take bath (as a cure) from the influence of an evil eye, you should take bath. (Sahih Muslim 2188)

If the person who caused the evil eye is known, ask him/her to perform ablution and wash the place where the waist belt is tied. The afflicted person should then bathe with that water. This is the Masnūn way of warding off the evil eye.

Listen to Ruqyah as well as recite Ayatul Kusee, morning-evening azkaars and Surah al-Baqarah last 2 aayaat

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